


Available Daily:

- Fresh Entrée Salads • Party Plates • Peanut Butter and Jelly Sandwich • Assorted Fresh Fruit • Veggie Cruncher Cups • Variety of Chilled Fruit & Juice
- Ice Cold New York State Milk

Monday

Harvest of the Month

Potato

Tuesday



Wednesday

Thursday

Friday



Look for the MVFTS Logo for LOCALLY grown and raised items




1
 Cheesy Cheese Pizza
 Pepperoni Pizza
 Crisp Garden Salad
 Ooooooh! Oreo Whip!!!

4
 Mozzarella Stix w/
 Dipping Sauce
 Terrific Tuna Sandwich
 Tiny Broccoli Trees

5
 Tasty Chicken Tenders
 Deli Turkey Sandwich
 Tomato Pie
 X-Ray Vision Carrots

6
 Bacon Cheeseburger
 Ham&Cheese Sandwich
 **Mini Potatoes**
 **NY Sunshine Bars**

7
 Roast Turkey
 Bologna & Cheese
 Sandwich
 Fresh Dinner Roll
 Whipped Potatoes
 Veggie Choice!

8
 Cheesy Cheese Pizza
 Garlic Pizza
 Fresh Garden Salad
 Local Very Berry Yogurt

11
 Crispy Chicken Nuggets
 Terrific Tuna Sandwich
 Buttered Rotini
 Lean Mean Green Beans

12
 Mexican Tacos
 Deli Turkey Sandwich
 Lettuce, Cheese, Tomato
 Cup
 Whole Kernel Corn

13
 Southern Breaded
 Chicken Drumstick
 Ham&Cheese Sandwich
 Steamy Rice
 Turmeric Roasted
 Cauliflower

14
 Cheesy Chicken
 Mac & Cheese
 Deli Turkey Sandwich
 Lean Mean Green Beans

15
 Cheesy Cheese Pizza
 Spicy Buffalo Wing Pizza
 Garden Fresh Green Salad
 Yummy 'Nilla Whip!!!

18

19

20

21


22

Mid-Winter Recess

25
 Protein Packed
 Chicken Patty
 Terrific Tuna Sandwich
 Tiny Broccoli Trees

26
 Macho Nachos!!!
 Deli Turkey Sandwich
 Whole Kernel Corn

27
 Mozzarella Stix w/
 Dipping Sauce
 Ham&Cheese Sandwich
 Lean Mean Green Beans

28
 All Local Beef Hot Dog
 Deli Turkey Sandwich
 Mac and Cheese Side
 **Mini Potatoes**



Harvest of the Month – **Potato**
 Potatoes were the first vegetable grown in space! They contain fiber and carbohydrates.

